



Serving The Black and Caribbean Community For Over 38 Years November 2000

QUARTLEY MEETING

Sunday
November 26th, 2000
2:00 p.m.

Jamaican Canadian Centre
995 Arrow Road

For further information call
JCA at (416) 746-5772

JCA car raffle 2000

AND THE WINNERS ARE.....

The JCA Board, Membership and Staff would like to thank all our supporters, friends and relatives who once again showed the true spirit of community support during our recently concluded Car Raffle 2000.



Andrew Johnson (centre), winner of the 2000 Dodge Caravan in the JCA's fundraising Car Raffle 2000, collects his keys from JCA President, Herman Stewart and Ken Parnell, new car Manager at Agincourt Chrysler Inc.

With your support we have been able to make a further dent in the bank loan to the tune of \$58,000. It was hard work mixed with lots of fun and together we were able to make it happen. Without your help, we could not have done it, and for that we say thank you to all.

Continued on Page 12

IT'S OFFICIAL FOLKS

JCA played golf, fund-raised and had fun

Submitted by Alvin Ffrench

It was a joy to behold! Over 100 golfers, including a contingent from Hamilton and a foursome from the Toronto Police Department, gathered at the Bolton Golf Club at 7:00 a.m. on Saturday, August 26, 2000, to support the first Charity Golf Classic of the Jamaican Canadian Association. At the 19 Hole Reception, after an enjoyable five hours of golfing or whacking away at the ball, spirits were high. Stories about eagles, birdies, pars, longest drive, and so on were traded. Jai

Paul, winner of the Men's Low Gross, won a trip to Jamaica, courtesy of the Jamaica Tourist Board and Air Jamaica. As well, Paul had the honour of his name being first on the JCA's Golf Trophy. Pamela Lecky, winner of the Women's Low Gross, won a beautiful gift basket, courtesy of Nettlewoods Ltd. Golfers won many other prizes for other skill competitions or for simply participating.

The JCA is indebted to its many sponsors and prize donors. Sponsors include Jamaica Tourist Board, Air Jamaica, TraceData Services Inc., Brantville Construction, Regal Constellation Hotel, Colony Hotel, Moda Luci, CBM Group Ltd., Clublink, Krazy Krust Patties, Nettlewoods Ltd., and Club Epiphany.



Information for the above photo: Jai Paul (centre) winner of the JCA "Golf Classic" Low Gross receiving his trophy from Coordinators Alvin Ffrench (Right) and Winston Earle, donor of the trophy (Left)

Other donors include Golf Tournaments Inc., the Jamaica Observer, the Jamaican Consulate, Nicey's, Don's Meat, Scent and Sensibilities, TaxRight, Malvern Town Centre, Councillor Sherene Shaw, Mary Anne Chambers, Erma Collins, Fred Debidin, Winston Earle, Alfred Hewitt and Neville Morrison.

Continued on Page 3

EDITORIAL

TIME TO VOTE

It is election time. In the last issue of *In Focus*, readers were encouraged to participate in the decision making processes of Canada by exercising their votes.

Since that issue elections from both the Federal level and the Municipal level have been called. On November 13, 2000 all citizens can exercise their democratic right to vote for a candidate in their ward who best represents their ideals and can take their interests, needs and plans to City Council. On November 27, 2000, once again, if you are a citizen of this great nation, you will be able to exercise your vote in your riding, this time, for your federal representative to take your issues to Parliament Hill.

It is important to remember that without citizenship, you cannot vote. In this election a lot will be said about Pierre Elliot Trudeau and his vision for Canada. At the memorial service sponsored by the JCA on October 22, our community reflected on Trudeau called for a 'just society' and as we contemplate the various candidates

we should ask what a just society means for both the community and ourselves. Does a just society mean finding employment for the unemployed? Does it mean shelter for the homeless, food for the hungry, an education system that is free of discrimination? Does it mean that all communities will be treated equally when it comes to government support and funding for projects such as community centres and social services? Will there be adequate health care facilities for all or will people continue to die in hospital waiting rooms from lack of resources and healthcare workers? We must ask the candidates their position on immigration, maintaining Canada as a multicultural society and in so doing continue to perpetuate Pierre Elliot Trudeau's vision for Canada.

JCA's President Herman Stewart in his call to the community said "Traditionally, our people have not gone out in large numbers and this has left us lagging behind." Stewart is urging the community to go out and vote "if we want the issues that we are most concerned about to be addressed."

With this urging from the President everyone is encouraged to find out what the candidates stand for and go out and cast your vote. Have a Merry Christmas and a Happy and Prosperous 2001.

IN FOCUS
THE OFFICIAL PUBLICATION OF THE
JAMAICAN CANADIAN ASSOCIATION
995 Arrow Road
North York, Ontario M9M 2Z5
Tel: (416) 746-5772 Fax: (416) 746-7035

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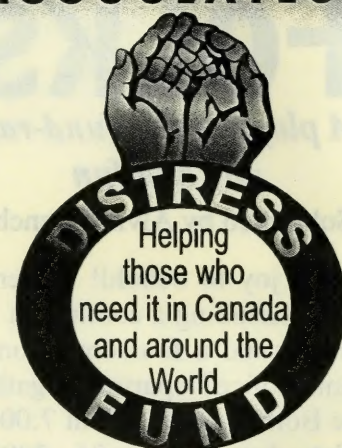
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*Letters and submissions welcome. The
Editorial Committee reserves the right to
edit materials for length.*

JAMAICAN CANADIAN ASSOCIATION



Please continue to support this fund
by donating to
ROYAL BANK ACCOUNT
Number 107-651-2,
Transit Number 06702-003
or directly to JCA at
995 Arrow Road, Toronto, Ontario
M9M 2Z5, Tel: (416) 746-5772

PRESIDENT'S REPORT

By Herman Stewart

It is indeed a pleasure for me to once again report to you on yet another successful fundraising endeavour. In our recently concluded car raffle we were able to surpass last year's figures of 16,000 tickets by selling 17,000 tickets. In total we grossed \$91,000. After expenses we were able to pay down the bank loan by \$58,000. We could not have accomplished this without the strong commitment and hard work of our members and friends.

I extend our heartfelt gratitude to all those who helped to make it possible. If we keep going at this rate we will be able to retire the loan sooner than projected.

This summer we also entered into a new field with our first annual golf classic. This event was well organized, we had over 100 participants and we were able to generate a profit that will go toward paying down the bank loan further. A big thank you to all the organizers.

Advocacy continues to take up a large amount of my time. We are currently working with a family whose baby died while waiting in the emergency room at Etobicoke General for treatment. There are a lot of unanswered questions and we feel only through a coroner's inquest will we be able to get to the truth. We are also assisting two members with human rights complaints.

We are continuing to make changes to the Members' Lounge. It is our hope to have it fully converted into a social club before the end of the year. Your feedback is always welcomed.

Looking forward to seeing you at our quarterly meeting on Sunday, November 26, 2000. Have a Merry Christmas and a Happy and Prosperous 2001.

IT'S OFFICIAL FOLKS

Continued

"Let's do it again" was heard from many participants as they left the clubhouse with satisfied smiles. Alvin Ffrench, chair of the JCA Golf Tournament Committee, and Herman Stewart, President of the JCA, are pleased, gratified and thankful for the generous support. The JCA looks forward to attracting more sponsors and players next year, as it embraces an Annual Golf Tournament as one of the ways to raise funds for paying off the loan on the JCA Centre.

Thanks again to all.

JCA

*is now offering
advertising at low rates.*

IN FOCUS
THE OFFICIAL PUBLICATION OF THE
JAMAICAN CANADIAN ASSOCIATION

*has a wide circulation
inside and outside the
Caribbean Community.*

*For more information
please call*

(416) 746-5772

N O T I C E

The offices of

The Jamaican Consulate General
The Jamaican Trade Commission and
The Jamaica Information Service

Have moved from downtown Toronto to

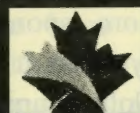
303 Eglinton Avenue East
Toronto, Ontario, M4L 1P3
Tel: (416) 598-3008 Fax: (416) 598-4928

(This is east of Yonge Street and west of Bayview Avenue at the corner of Falcon Street)

THE JAMAICAN CANADIAN ASSOCIATION **38**
YEARS OF
SERVICE
and
COMMITMENT

BANQUET HALLS

For Rent



THE JAMAICAN CANADIAN ASSOCIATION

Has Banquet Halls for rent
At

The Jamaican Canadian Centre
995 Arrow Road, Toronto
Highway 400 N/Finch Avenue West

Halls Are Competitively Priced
With State of the Art Facilities

Fully Equipped Industrial Kitchen,

Plus

Fully Equipped Regular Use Kitchen

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Easy Access, Free Parking, Security

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416-746-5772

INTERNATIONAL Spelling-Bee Champion VISITS CANADA

STUDENTS, YOUTHS, PARENTS AND TEACHERS
ARE WELCOME TO SHARE AN INSPIRATIONAL EVENING

WITH

JODY-ANNE MAXWELL

Diverse Community Achievement Centre of Hamilton
In Partnership with Spelling-Bee of Canada
Presents

The 1998/99 International Spelling-Bee Champion
14 year-old Jody-Anne Maxwell, Jamaican Student

Jody-Anne will share her uplifting achievements with Toronto youths
On Wednesday, November 29, 2000
At 6:00 p.m. at the Jamaican Canadian Centre
995 Arrow Road, Toronto.

Hamilton-area students and parents
Meet, talk and see Jody-Anne lead a team
In the Diverse Celebrity Spelling-Bee Challenge against a
Team of Media, Sports and Political Personalities
At Cathedral High School in Hamilton
On Friday, December 1, 2000 from 10:00 a.m.

All are Welcome to both events
ADMISSION IS FREE

For further information call
416-656-6081 or 905-543-0222

Blacks & Jews IN DIALOGUE

The Black/Jewish Dialogue invites you to come out and participate

Sessions are held monthly

SESSIONS ARE PLANNED FOR THE FOLLOWING DATES

Wednesday, November 15th & Tuesday, December 12th
(There will be a special holiday sharing theme)

CALL 416-633-6224 EXT. 112 FOR INFO.

MISS LOU. THE KIDS, FINNAMORE & Our Culture

A year ago thirteen kids from is. Under the distinguished patronage Dupont Primary School in of Jamaica's Consul General, Herman Olympic Way, Kingston, LaMont, and volunteers from the Jamaica were treated to a trip of a Jamaican Canadian Association, there lifetime. Father Finnamore of St. was an evening of nostalgia celebrated Xavier Catholic School in at the JCA Centre with the children of Mississauga brought them to Canada. They toured places some of us only read about and they performed to the delight of the Consul General, viewers of City T.V.'s Breakfast Television, and nearly 100 people at the JCA's Centre among many other places. One year later, once again kids from Dupont were given a trip of a lifetime. Father Finnamore, lover of Jamaica and its culture has adopted Dupont School. He visits yearly with a group of his students from St. Xavier and is committed to sharing the cultural exposé of the kids from Dupont with the wider Canadian audience each year. This year, 10 students and 3 teachers from Dupont along with Father Burchell MacPherson and a vibrant youth choir from St. Pius X Catholic Church, also in Olympic Way came to Canada; once again under the auspices of none other than Father Finnamore and his ever faithful group. They were feted with the same zest as their predecessors.

On Friday, September 29, 2000 the JCA was "alive with the sound of music", Jamaican cultural music that



"The Hon. Louise Bennett-Cloverly (Miss Lou) surrounded by students and principal of Dupont Primary School"

Dupont and the St. Pius X Choir. The who were present. Not because the music was loud, quite the contrary, but rather, because the music was so pure. So truly Jamaican, so culturally correct.

If their presence, performance and down home warmth was not enough,

well it only took a realization that Jamaica's First Lady of Culture and Ambassador at Large, The Hon. Louise Bennett-Coverley (Miss Lou) was in the house. The audience went wild with appreciation for Miss Lou's decades of absolute support for our native language, culture and uniqueness. Miss Lou did not disappoint. She rose to the occasion and gave the audience the very best of herself and with grateful hearts people stood and honored her with a five-minute round of applause. Miss Lou, we thank you and we will forever be grateful to you. Continued long life and good health to you and your family.

We thank Ms. Lou for wrapping us in our culture for all these years. We thank the staff of Dupont for continuing to teach the children to treasure this inalienable right. We thank Father Finnamore and St. Xavier for embracing our culture and our children, and for sharing them with the wider Canadian society. We know that the experiences gained by these children will contribute to their productiveness and quality of life in Jamaica and around the world in adulthood. Thanks to the Dupont and St. Pius X Choirs for being such great ambassadors for Jamaica. Congratulations to all.

HOW TO APPLY FOR A BIRTH, MARRIAGE CERTIFICATE OR DEATH

Submitted by Carolyn Goulbourne-Warren,
Jamaica Information Service

The Registrar General's Department (RGD) is the place where all births, deaths and marriages which occur in Jamaica are registered. The office issues certified copies of these records on request. Getting copies of the documents is not a complicated matter. In fact, it is a very easy procedure. The most important thing is to provide detailed and correct information.

During a recent community outreach to Toronto, members of the RGD said that when there is a delay in getting the documents to customers, it is usually because of missing OR incorrect information.

So, how do you apply for a copy of a birth, marriage or death certificate? Send the information that is needed, along with the appropriate fee to the Registrar General's Department in Twickenham Park, Jamaica. There is an **Ordinary Service** and an **Express Service**. Processing time for the Ordinary Service is two to four weeks and the fee is \$70 Cdn (international money order only; no cash or personal cheques). For the Express Service, processing time is one to 10 days and the fee is \$100 Cdn. You will receive six certified copies by mail.

For a **Birth Certificate**, you must send the following information:

- Full name of person at birth district & parish of birth
- Date of birth mother's full name, including maiden name
- Sex (male or female) father's full name
- Place of birth place of registration
- (name of hospital or address of home) birth entry number
- Name, address and telephone number of person making the application

For a **Marriage Certificate**, you must send the following information:

- Husband's & wife's full names date of marriage
- Place of marriage parish of marriage
- Marriage officer's name (NB It is important to have the marriage officer's name, because documents are filed under the name of the marriage officer.)
- Name and address and telephone number of person making the application

For a **Death Certificate**, you must send the following information:

- Name of deceased date of death
- Sex of deceased date & place of registration of death
- Place of death death entry number or registration number
- (name of hospital or address of home) parish & district of death
- How the person died (violent, natural causes, accident, suddenly)
- Name, address and telephone number of person making the application

Mail to: Registrar General's Department
Twickenham Park
St. Catherine, Jamaica

For more information contact the Registrar General's Department at (876)984-3041 or check out their website at www.rgd.gov.jm or contact the Jamaica Information Service office located at the Jamaican Consulate, 303 Eglinton Avenue East, Toronto. Tel. (416)598-3008. Contact: Carolyn Goulbourne-Warren, JIS Information Officer, c/o Jamaican Consulate General, (416)598-3008

Youth
VIBES

Submitted by Sophia Hutchinson &
Rachelle Alincy, JCA Youth Members

I was not really aware of the Emergency Task Force (ETF) Unit until the night of their "Open House" held on Thursday September 7th, 2000 and I am glad I attended.

I learned that the ETF is called in when the Metro Toronto Police and forces outside of the GTA are in need of their expertise a trained team, experienced in various forms of take-downs, e.g Bomb related issues and aiding the mentally challenged, (just to name a few).

Once the ETF is called in they have

total control/authority over the situation, and the local Police units must accept an assisting role.

"The ETF believes in communicating first and forcible action only if all else fails, as a completely last resort".

Lastly, their training and testing is continuous, on a weekly basis, keeping them physically and mentally prepared at all times.

Our city is fortunate to have a Force of this nature. They have prevented situations from turning sour, with their practice of communicating first. This is a serious issue that Metro Police have experienced controversy over, especially in the various ethnic communities who make up the GTA. Once again, I am glad I attended.

Sophia Hutchinson

On Thursday, September 7, 2000 I had the opportunity to be invited to the Emergency Task Force (ETF)

Unit in Toronto. The Sergeants took us on a tour of this exceptional facility and explained their roles in the community and in our city. The unit houses the station with a 24 hour per day, 7 days per week, 365 days per year communication centre, staff quarters, on-site training facilities, armory, vehicles and whatever else is needed to respond to every kind of emergency.

The officers shared with us different scenarios of how they respond and act on actual calls. It was interesting to watch how they respond in critical situations without having to use force. Another note of interest was the make up of the unit. Different races and ethnic groups make up the staff, and they have access to all language groups in Toronto if they ever require an interpreter to help in any situation.

It was a real pleasure to be given the opportunity to visit this unit and interact with the staff.

Rachelle Alincy

Attractive, Intelligent and Talented....

Join the Contestants in the

Miss Caribbean Canada
Pageant

for an evening of

Awe-inspiring beauty,
fashion, cultural entertainment and fun

Special Guest

Leroy Sibbles & Mr. Cooper
(Live from Jamaica)

On Sunday, December 3, 2000

Jamaican Canadian Centre
995 Arrow Road, Toronto, Canada
Doors Open of 6:00 p.m. - Cash Prize and Surprises



Contestant in the 2000 "Miss Caribbean Canada Pageant"

Admission
\$30 Advance booking \$35 at the Door

Tickets from Lloyd's Photography 416-749-0433,
Golden Hair Clinic, 416-533-9406 (Bathurst),
Class 1 Records 416-208-0292 (Scarborough)
JCA 416-746-5772 (North York)

Submitted by: JCA Women's Committee on behalf of
Black Women's Coalition: World March of Women 2000

WOMEN MARCH

Of Women 2000

Over the past three decades, women of Canada have advocated for basic human rights for women. We have joined together to fight injustice, poverty, violence and war and have lobbied our government for equality rights.

Although we have made some progress and some women have benefited from the struggles, others are left behind, in particular, Aboriginal women, Black women, women of colour and other marginalized women.

In 1985, the United Nations announced that the target date for achieving women's equality rights was the year 2000. In the last decade, the Canadian government has argued for respect for women's human rights on the international scene. The federal and provincial governments have publicly and officially proclaimed their commitment to women's equality and declared their intention to eliminate violence against women. However, there has been very little change.

In 1995, the United Nations "Platform for Action" (PFA) was adopted by 189 member states in the Fourth World Conference for Women held in Beijing, China. The PFA sets out the actions to be taken by governments to improve women's lives. Twelve critical areas of concern were identified at this Conference. These included Poverty and Violence against Women. Although these countries pledged to honour the PFA, many have not kept their commitment.

The World March of Women is the largest mobilization of women globally. It is an international event when women across Canada joined women all over the world to demand that our governments respect and promote women's basic rights.

World March of Women 2000 was launched worldwide on International Women's Day, March 8 with women from 157 countries signing on. Several events were organized by different women's groups in many communities and from many cultures as part of the

March activities. The main focus of these events was poverty and violence.

The Canadian World March Committee comprised 20 National organizations and was formed to mobilize Canadians.

The goals of the March were:

- * To encourage grassroots women's groups to participate together in addressing the issues of poverty and violence against women.
- * To connect women's struggles around the world.
- * To promote equality between women and men and amongst women.
- * To demand accountability and concrete action from our government to improve the quality of women's lives.

The Canadian March Committee in its document entitled "It's Time for Change: Demands to the Federal Government" identified over 68 specific recommendations for change in laws and policies to help eradicate poverty and violence against women. The Committee shortlisted these recommendations to 13 immediate demands - "The Feminist Dozen". These included demands for change in federal laws and policies in areas of social, economic, cultural rights, health care, education, immigration, refugee laws, housing, old age security benefits and child care.

In support of the World March, the Women's Committee of the Jamaican Canadian Association (JCA) spearheaded the Black Speak-Up Day in conjunction with the Black Women's Coalition. This event was held on September 30, at the JCA Centre and was broadcast by CHRY 105.5 FM. The session was a success with over 50 persons in attendance. The programme included a panel presentation followed by a Speak-Up session.

The following topics were discussed: poverty, violence against women and racism. During the Speak-Up participants had the opportunity to express their views and concerns on the identified issues.

Feedback from the Speak-Up indicated that racism was not addressed in the demands that were being put forward. The Black Women's Coalition issued the following statement in addition to support of the Feminist Dozen. Recognizing that racism is pervasive in our society; recognizing the systemic exclusion of Black women from economic, political and social life, we demand that:

- The Federal Government take steps to ensure the eradication of racism;
- The Federal Government ensure the full participation of Black women in all consultations and significant public policy decisions and;
- Provide core funding for programs and services specific to Black women.

On October 15, 2000 approximately 50,000 women, men and children across Canada in solidarity with women from around the world marched to Parliament Hill, Ottawa demanding that our government adopt effective measures to end poverty and violence against women. The Black Women's Coalition participated in the march and rally.

Other March activities included:

- * October 16, 2000 - Canadian Women's Tribunal on Poverty and Violence in Ottawa.
- * October 17, 2000 - Canadian Women Lobby the Federal Liberals, other party leaders and members of Parliament to push forward on the 13 demands presented at the rally and to begi discussions.
- * Women all over the world presented demands to representatives of their governments.
- * An international delegation of women presented demands to His Excellency Kofi Annan, Secretary General of the United Nations, to eliminate violence and poverty on all L international scale.

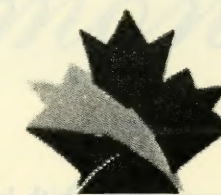
Although the planned World March activities are over, we cannot rest, we must continue the struggle and so it is incumbent on all women's groups and other advocates of women to keep up the lobby efforts and to monitor the changes to ensure our demands are acted upon.

Note: Special thanks to CHRY 105.5 FM Radio for broadcasting live the Speak-Up event.

Source - Canadian Women's March Committee Document: It's Time for Change - Demands to the Federal Government to end Poverty and Violence Against Women.

Come and Celebrate with us....

the



**JAMAICAN CANADIAN
ASSOCIATION**

*New
Year's
Eve
Gala*

Sunday
December 31st, 2000

Cocktails at 7:00 p.m.
Dinner at 8:00 p.m.

Jamaica Canadian Centre
995 Arrow Road

YOU & YOUR HEALTH

HYPERTENSION (*High Blood Pressure*)

Submitted by V. Bennett

Blood pressure starts with beating of the heart. Blood Pressure is the force which keeps blood moving through the body. The heart is a hollow muscular organ. It has four chambers (atria and ventricles). The two upper chambers, the atria, pump blood into the lower chambers, the ventricles.

The heart is about the size of a clenched fist. This special muscle pumps about five quarts of blood throughout the body every minute. Every time the heart beats it pushes blood through blood vessels called arteries. The walls of the arteries are like elastic bands, which stretch and relax to keep blood flowing.

The blood requires a certain amount of pressure to flow. To monitor this pressure, two numbers are used. SYSTOLIC (top number) is the highest blood pressure in the arteries when the heart is beating. DIASTOLIC (bottom number) is the lowest blood pressure in the arteries when the heart rests between beats. Both numbers are important. The risk of getting a heart attack or stroke could be related to these numbers. Normal blood pressure ranges from

100 to 140 systolic and from 70 to 90 diastolic. Each person's range of blood pressure is unique to them. After taking the blood pressure several times on different occasions the doctor can decide what the normal range is for an individual.

When either the systolic or the diastolic pressure goes up and stays above the normal range, you have high blood pressure, also called HYPERTENSION. Left untreated for too long, high blood pressure can lead to heart attacks, congestive heart failure, strokes and kidney failure. The heart can become enlarged and fail to keep up with the body's demands. You may have nosebleeds, dizziness, headache, blurred vision, chest pain and general ill feelings if the blood pressure rises severely. However, most people do not show any outward symptoms of high blood pressure.

In most cases, the cause of hypertension is not known. However, in many cases life style habits tend to contribute. Some of the known risk factors include stress, a high salt intake, heavy smoking or drinking, diabetes, overweight, lack of exercise, build up of fat that narrows the

passage in the blood vessels, aging, gender and race. (*It is believed high blood pressure is more common among blacks than whites*).

It is never too late to make healthy changes in your life. Try to avoid high blood pressure by following your doctor's prescribed treatment. Have your blood pressure checked regularly. Do not stop taking your medication because you *feel* better. Live a wholesome, healthy and happy life. Eat a moderate amount of fat, sugar and salt in your diet. Try to eliminate butter, homogenized milk, drink low fat milk, eat meats with less fat (remove skin), and avoid junk foods. Certain cheeses, canned or processed foods are heavily salted and watch out for too much cookies and cakes. Learn to snack on fruits and carrots among other vegetables. Stop smoking; reduce your alcohol intake, (if you drink, no more than one standard drink each day, e.g.. 1 bottle beer with 5% alcohol content or non-alcoholic). Exercise moderately walk, swim, cycle, climb stairs instead of using the elevator whenever you can. IF YOU HAVE NEVER EXERCISED IN YOUR LIFE, DON'T EVEN THINK OF STARTING WITHOUT CHECKING WITH YOUR DOCTOR.

Websites to check out

www.facelink.com (to insert photos with e-mails)

www.hc-sc.gc.ca/English/health4kids/ (Health for kids)

www.hc-sc.gc.ca/Francais/.../index.htm (Health for kids)

The health sites are for kids 10-16 years old. Can be used for school projects.



JAMAICAN CANADIAN
ASSOCIATION

**TOGETHER
WE CAN
DO IT.**

Women are Diamonds In The Ruff

Women... Women... Women... Women

That is the chant I hear

Off in the distance, clear

Women, we have so much to bear

We are mothers, fathers, sisters and friends

To our limit there is no end

We are givers of life

And sometimes a burdened wife, common-law, girlfriend

We are called on to pray and to fast

To sow seeds in lives that will last

Oh it is hard sometimes; we may even feel like giving up

We cannot! We Cannot! We are diamonds in the ruff

We are pressed; we are perplexed, beaten but not destroyed

This labor of love will not be null and void

We know whatever we sow, that is what we will reap.

Even though the pressures seem so much for us

Ah We will come through, sometime we will shine

Like a chunk of coal perfected in time

Oh how it must have been hard to bear

But in the end it became a crystal stone

Bright, Beautiful and Clear

We Cannot! We won't! We will never give up

We are that diamond in the ruff!

We Cannot! We won't! We will never give up

We are that diamond in the ruff!

For too long women have walked in the ruff alone

It's time for men to walk at their side.

PEACE, LOVE & HOPE

Have a great and wonderful Christmas & a God Blessed 2001

Written and submitted by Rita McLean, Violence Against Women Co-ordinator, JCA

JCA car raffle 2000

Continued

The following are the winners

- | | | |
|-----------------|--|---------|
| 1 st | Andrew Johnson 2000 Dodge Caravan
Co-sponsored by Agincourt Chrysler Inc.) | # 19796 |
| 2 nd | Marilyn Morgan Caribbean Cruise for 2
Donated by Vincent & Fay Conville) | # 14909 |
| 3 rd | Adrienne Wisdom P C & Printer
Donated by Western Union & Nicey's Food Mart) | # 13088 |
| 4 th | Steve McKenzie 2 Airline Tickets to Montego Bay
Donated by Canada 3000 Airlines | # 9267 |
| 5 th | Maggie Morris 27" Colour T.V.
Donated by Clive Harrison, Joy Foods Catering | # 0233 |
| 6 th | Shirley James Microwave Oven
Donated by Karl & Son, Sales, Richmond Hill) | # 0521 |

On behalf of all the sponsors and donors, once again the JCA thanks everyone for their generous support. Have a Merry Christmas and a Happy and Prosperous 2001.

BARGAINS! BARGAINS! BARGAINS!

Christmas GRAND MARKET

December 2, 2000 - 10:00 a.m. to 4:00 p.m.

at Jamaican Canadian Centre

Make this your ONE-STOP-SHOPPING for Christmas Gifts

Wide selection of

**Jewelry, Cosmetics, Clothing, Artifacts,
Cookware, Books, Gourmet Foods - lots more**

Live Broadcast on CHRY 105.5

Entertainment:

Mid-day Talent Show,
Domino Tournament

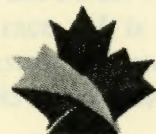
Vendors Tables available for Rent

Small Businesses \$30,
Corporations: \$100

For more information, call

Hector at 416-746-5772, ext. 243 or Alton 416-292-4551

SENIORS CLUB



JAMAICAN CANADIAN
ASSOCIATION
995 Arrow Road

**Tues. & Thurs.,
11:00 a.m. to 4:00 p.m.**

Our activities include:

**Arts and crafts,
choral group, discussions,
seminars and field trips.**

*Come and meet people who
will treat you like family
and a friend!!*

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JAMAICAN CANADIAN
ASSOCIATION

TOGETHER WE CAN DO IT.

Tid Bits

Submitted by Alton Telfer

In the last issue of *In Focus*, I wished you all a safe and enjoyable summer. Seems that was just a few weeks ago - Some would say, "my, my, how time flies." I do hope that you had a good one. Now that the Labour Day has come and gone, it's time to focus on winter. Sad, but it will be a reality very soon.

The count down will start for Christmas before you know it. Again, it was not long ago you were relieved of the stress, the hustle and bustle leading up to Christmas. The mega shopping trips, not to mention the cooking. I must advise you not to get too relaxed, because that time is here again. It is within striking distance and as the saying goes, "have a safe and enjoyable one when it comes." The R.I.D.E. Program is synonymous with this season. Although it is year round, it is more pronounced at this time. The slogan as always is "DON'T DRINK AND DRIVE." Please adhere to it, we would like to have you around for 2001.

Elsewhere in this issue you will read of JCA's first Charity Golf Classic held on August 26, 2000 at the Bolton Golf and Country Club. It was very gratifying to see well over one hundred golfers and prospective golfers show up at 8:00 in the morning to tee off. Everyone enjoyed the day immensely, despite intermittent rainfall. I must convey a special thank you to the Toronto Police Department who sent some of their top ranking officers to join us. There were Inspector Peter Sloley, Superintendent Bill Blair, Staff Sergeant Nick Memme to name a few. Jeff Patterson, Chair of the Black Community Police Consultative Committee was instrumental in getting them involved.

Alvin Ffrench, Erma Collins, Winston Earle, Jeff and myself planned this event. All the players are expected to return next year and because so much enthusiasm was generated, we assume that there will be an over-flow next year. Consequently you will need to book early so that none will be turned away. *Submit your name or your four-some at anytime.*

The JCA Christmas Grandmarket will be **bigger and better** this year. The date is December 2, 2000, starting at 10:00 a.m. through to 4:00 p.m. at the JCA Centre, 995 Arrow Road. There will be an abundance of various items suitable for Christmas gifts and at the most reasonable price you will find anywhere. Remember the date and let it be your **one-stop-shopping** centre. We hope to have CHRY broadcast live from this event. There will be a talent show at 12:00 noon and a domino tournament. Bring your friends and family

For a day of shopping and entertainment.

Rumor has it that our beloved Consul General, Mr. Herman LaMont will be *Submit your name or your four-some at anytime.*

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Rumor has it that our beloved Consul General, Mr. Herman LaMont will be recalled to Jamaica, ending his three-year service in Toronto. We will be very sorry to see him go and he will be sorely missed by all of us. I remember about three years ago when he came here to succeed Mrs. St. Juste, many people told him he had a big shoe to fill. I can say with gratitude that he filled that big shoe with honour and will now be leaving another big shoe to be filled. I wish him and his family the best of everything in their new endeavour.



FOR THE FUN OF IT - SMILE

Jamaican Old Age Test

You know you are getting old if:

1. You had an exercise book with Queen Elizabeth and her husband on it instead of a ring binder
2. You used to listen to Rediffusion
3. You wore Bata crepe to school and bought ashram at the school gate
4. You remember that the Lou and Ranny Show used to come on at 7:00pm on a Sunday
5. You know what the initials T.A.D.P. stand for
6. You know who Tony Verity is
7. You can name more than two of the characters in a jonkanoo band
8. You know what boxing title Bunny Grant held
9. You didn't buy gigs, yo yo's kites or sling shots in a store, but made them yourself
10. You know what Fanta and Nu Grape are
11. You know what a Woolsley, Humber and Zephyr are
12. You got a washout and worm medicine at the end of summer holidays
13. Your school graduation was called "prize giving"
14. You still call Norman Manley Airport "Palisadoes"
15. You still have a BOAC bag hidden somewhere in a closet
16. You remember when people used to go to the airport and come back with a twang
17. When you hear classical music on the radio you still say, "is who ded now?"
18. You still refer to any smooth stretch of road as "barber greene"
19. You still use words like "bine" and "clyded" AND you know the difference between the two
20. When you are leaving any parish outside of Kingston, you say "mi going to "town"

ANSWER KEY: If your answer is yes to less than 5 you are babe in the woods
5 to 10 - you are listening to too many of your parents stories
10 to 15 - getting up there, watch it!
15 to 20 - you have Limacol and Bay Rum on the night-stand and a chimney under your bed.

 **THE JAMAICAN CANADIAN ASSOCIATION** **38**
YEARS OF
SERVICE
and
COMMITTMENT



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Fundraising

COMMITTEE

Report

submitted by
Pauline Reid, Chair

You ask, what has the Membership Committee been doing?

The past three months have been very busy for the Committee. We hosted the Seniors' Dinner in September, which was a huge success with nearly 300 people attending. There were people from Long Term Care Facilities, Community Agencies, the general Community and our own JCA Canadian Caribbean Seniors.

We were entertained by the lovely voices of *Jay Douglas, Toronto's popular Jazz Singer*, reggae great *Jimmy Reed* and the *Driftwood Church of God Choir*. Our guest speaker was our very own *Delores*

Lawrence and *M.C. Paul Kwasi Kafele*. A good time was had by all. Thanks to all our volunteers.

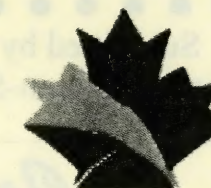
Some Upcoming Events:

November has been declared Membership Drive Month. We encourage our members to tell a friend and have them visit our Centre and join the Association. Members Appreciation Evening will be held on Saturday, November 18th 6-10pm. Come out and meet old friends and make new ones.

Our Annual Children's Christmas Party will be held on December 10th from 2 - 5pm., at the JCA Centre.

Deadline for registration is Friday, November 17th. The cost per child is \$5.00. Please call (416) 746-5772 or fax the information to the JCA office at (416) 746-7035 to register.

If you have any questions about becoming a member, the committee can be contacted at (416) 746-5772 ext. 249. Merry Christmas and a happy New Year to all our members and friends.



JAMAICAN CANADIAN ASSOCIATION

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We would like to keep in touch with you.

Are you MOVING? Is your address INCORRECT?

Please complete and return to J.C.A. 995 Arrow Road, Toronto, Ontario, M9M 2Z5 or phone 416-746-5772

NAME _____

NEW ADDRESS _____

STREET _____ TELEPHONE NO. (____) _____

CITY/TOWN _____ EFFECTIVE DATE OF CHANGE _____

PROVINCE _____ POSTAL CODE _____ D/M/Y _____



Christmastime is very special in Jamaica and Christmas Morning Breakfast holds a very special place in the hearts of most Jamaicans. Here is a recipe for one of the specialties that is eaten for breakfast. Ackee and Saltfish (Codfish) is Jamaica's National Dish.

2 tins Ackee
 ½ lb. Saltfish (codfish)
 2tbsps cooking oil
 1 medium onion
 1 stalk escallion
 Thyme
 1 medium to large tomato
 Cayenne pepper to taste
 Black pepper

Wash fish and soak in large amount of water over night. Next day, clean fish, de-bone and pick into small pieces. Bring full kettle of water to boil. Open ackee; discard brine, place ackee in colander and pour boiling water from kettle over ackee. (You can let ackee sit in boiling water while you prepare the other ingredients). Sauté onions, escallion, thyme and pepper in oil. Add fish to sautéed seasoning and cook for 3 to 5 minutes. Drain ackee and add to cooked fish. Sprinkle with black pepper over ackee, cut tomato into half moon slices and place over ackee. Cover pot with lid. Let sit for another 3-5 minutes on low heat. Remove from heat and serve with Christmas Hard dough bread or fried dumplings.



Submitted by
 Claudette Cameron-Stewart

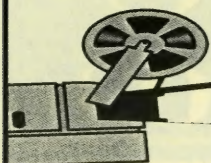
Ackee & Saltfish (Codfish)

From all of us at
JAMAICAN CANADIAN ASSOCIATION



UPCOMING EVENTS

EVENT	LOCATION	DATE	TIME
Launching of Millennium Urban Arts Youth Project	JCA Centre	Fri. Nov. 24/00	6:00 p.m. - 10:00 p.m.
Quarterly Membership Meeting	JCA Centre	Sun. Nov. 26/00	2:00 p.m. - 6:00 p.m.
Christmas Grand Market - One-Stop Shopping Bazaar	JCA Centre	Sat. Dec. 02/00	10:00 a.m. - 5:00 p.m.
JCA Children's Christmas Party	JCA Centre	Sun. Dec. 10/00	2:00 p.m. - 5:00 p.m.
Caribbean Canadian Seniors' Club Bus Trip to "Festival of Lights" & "Oh Canada, Eh? Dinner/Show"	Niagara Falls	Sat. Dec. 16/00	Bus Leaves JCA 12noon
New Year's Eve Gala Dinner & Dance	JCA Centre	Sun. Dec. 31/00	Starting 8:00 a.m.



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